

Summary Table for Central District Health Department 2011

Indicators	Overall						Men						Women					
	LHD			State			LHD			State			LHD			State		
	%	L %	U %	%	L %	U %	%	L %	U %	%	L %	U %	%	L %	U %	%	L %	U %
Health Status																		
Good or better health	81.2	78.2	84.2	85.7	85.1	86.3	80.7	76.0	85.5	85.2	84.3	86.2	81.7	77.9	85.5	86.1	85.3	86.9
Health Care Access																		
No health care coverage, 18-64 years old	22.6	18.4	26.8	19.1	18.3	20.0	22.7	16.3	29.1	22.0	20.7	23.4	22.5	17.0	28.0	16.2	15.1	17.3
Could not see a doctor in past year due to cost	14.2	11.3	17.0	12.5	11.9	13.1	10.8	6.9	14.7	10.7	9.9	11.6	17.5	13.3	21.6	14.2	13.4	15.1
Visited a doctor for a routine checkup in past year	53.7	49.8	57.5	57.7	56.8	58.7	45.5	39.9	51.1	50.6	49.2	52.0	61.6	56.5	66.6	64.6	63.4	65.8
Diabetes																		
Ever told they had diabetes	8.7	6.9	10.5	8.4	7.9	8.8	9.4	6.5	12.2	8.6	7.9	9.3	8.0	5.8	10.2	8.2	7.6	8.8
Cardiovascular Disease																		
Ever told had a heart attack	4.5	3.3	5.6	4.3	4.0	4.6	5.6	3.6	7.6	5.7	5.2	6.3	3.4	2.2	4.6	2.9	2.6	3.3
Ever told had angina or coronary heart disease	4.4	3.1	5.6	3.9	3.6	4.2	5.3	3.2	7.4	4.8	4.3	5.3	3.5	2.0	4.9	3.1	2.7	3.4
Ever told had a stroke	3.3	2.0	4.7	2.6	2.4	2.9	3.6	1.8	5.4	2.4	2.1	2.8	3.1	1.1	5.0	2.8	2.4	3.1
Ever told blood pressure was high	31.8	28.4	35.1	28.5	27.8	29.3	32.4	27.2	37.6	30.3	29.1	31.5	31.2	26.9	35.4	26.9	25.9	27.8
Had cholesterol level checked during past 5 years	67.6	63.7	71.6	71.8	71.0	72.7	65.3	59.3	71.3	67.9	66.6	69.3	69.9	64.7	75.1	75.6	74.5	76.7
Ever told cholesterol was high, among screened	38.9	35.0	42.8	38.3	37.3	39.3	39.9	33.8	46.0	40.6	39.1	42.1	37.9	33.0	42.9	36.3	35.1	37.6
Overweight and Obesity																		
Overweight (BMI=25.0-29.9)	36.4	32.6	40.1	36.5	35.6	37.4	44.5	38.7	50.2	43.6	42.3	45.0	27.8	23.3	32.4	29.2	28.1	30.3
Obese (BMI=30+)	32.6	28.9	36.4	28.4	27.6	29.2	31.4	25.8	36.9	29.2	27.9	30.4	33.9	28.9	38.9	27.6	26.5	28.7
Fruit / Vegetable Consumption																		
Consumed fruits 2+ times per day	25.9	22.6	29.3	29.4	28.5	30.2	22.6	17.7	27.5	22.6	21.5	23.8	29.1	24.6	33.7	35.8	34.6	36.9
Consumed vegetables 3+ times per day	11.0	8.5	13.6	12.8	12.2	13.4	9.7	5.6	13.8	10.1	9.2	10.9	12.3	9.1	15.5	15.4	14.5	16.3
Consumed fruits 2+ times per day and vegetables 3+ times per day	6.9	4.9	8.9	7.7	7.2	8.1	4.8	1.9	7.7	5.3	4.7	6.0	9.0	6.2	11.8	9.9	9.2	10.6
Physical Activity (PA)																		
Any leisure-time PA in past 30 days	68.2	64.5	71.9	73.7	72.9	74.5	70.5	65.0	75.9	72.8	71.6	74.0	66.0	60.9	71.0	74.6	73.5	75.7
Met aerobic recommendations	45.3	41.3	49.2	49.0	48.0	49.9	44.3	38.4	50.3	47.2	45.8	48.6	46.2	41.0	51.4	50.6	49.4	51.9
Met muscle strengthening recommendations	18.8	15.7	21.9	28.1	27.3	29.0	22.2	17.2	27.2	32.0	30.6	33.3	15.5	12.0	19.0	24.5	23.4	25.5
Met both recommendations	12.3	9.8	14.8	19.0	18.2	19.8	14.3	10.2	18.3	19.7	18.5	20.9	10.4	7.5	13.2	18.4	17.4	19.4
Alcohol Consumption / Tobacco Use																		
Engaged in binge drinking in the past 30 days	19.9	16.6	23.2	22.7	21.9	23.5	31.3	25.6	37.1	30.2	28.9	31.5	9.0	5.9	12.2	15.7	14.7	16.7
Current smoker (at least some days of the month)	21.3	18.0	24.5	20.0	19.2	20.7	23.3	18.3	28.3	22.1	21.0	23.3	19.2	15.0	23.5	17.9	17.0	18.9
Attempted to quit smoking in past 12 months	56.9	48.1	65.6	55.6	53.5	57.7	46.9	34.0	59.8	53.4	50.4	56.4	68.5	57.7	79.4	58.3	55.4	61.2

Note: % is weighted by health district, gender, and age; L% and U% are the lower and upper limits for the 95% confidence interval, respectively.

LHD=local/district health department; BMI=body mass index; Met aerobic recommendations = 150 minutes of moderate or 75 minutes of vigorous intensity physical activity per week; Met muscle strengthening recommendations = muscle-strengthening activities at least 2 times per week